

Behavioral Health Promotion Approach

Primary Prevention

Focus is upon the behavioral and mental health risks of the entire population. The goals are to reduce the risk factors, to change the nature of the stressors and to enhance protective factors.

Secondary Prevention

The strategy is upon individual responses to stress. The goals are to identify the early warning signs of stress and to alter the ways an individual responds to risks and to stressors.

Tertiary Prevention

The focus is upon both individuals and organizations. The goals are to reduce stress and to help persons, groups and organizations that are distressed.